

# Tools For Living Free

NUMBER 75 IN THIS ONGOING EDUCATIONAL SERIES

## How To Serve Humankind: A Service Manual

*excerpts from the Satsang, "How To Serve Humankind: A Service Manual" (TAPE A24)*

"I want to speak a little bit tonight about Service and how we serve humanity and what it means. I, of course in my inevitable style, will tell you what It doesn't mean. It doesn't mean that we are identified with what we are doing, which means - and this has happened repeatedly when we do a Service Project after we do a Retreat - invariably somebody cleans a chair, they'll come running up and they'll say, 'Oh! Look what I've done, Dr. Lane!' Or somebody will rake a leaf and they'll say, 'Oh! Look what I did!' It doesn't mean that we're all identified with what we're doing as a point of pride. It also doesn't mean that we're trying to balance out karma. In other words, 'Look! I'm here in the body; I must have done something terrible. Let me atone; so isn't it a nice way to atone by doing something good?' Well, you're not doing something good. Because what you're at is at an attachment to balancing karma."

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"... So that is another thing that Service is not: Service is not a judgment on others. It's not, 'Oh! Let me do something for this poor terrible person' because you're judging them. So right away you've removed yourself from the Spiritual Action. See, that person is in exactly the place he needs to be. Its karma is correct. I guarantee you God doesn't make a mistake; He doesn't muck up. So that 'poor unfortunate creature' - that's not it.

"Now I'm not telling you that you don't serve. I'm telling you attitudinally different approaches.

"And also, what we do is sacrifice but without the resentment. So, for instance, you play baseball and the manager says, 'Hey! Lay down a bunt.' So to advance the runners you're giving up your turn at bat to help the cause. But if you're going to do it and then resent the manager and resent the team because you didn't get a chance to hit away and show how good you are then you're causing karma to happen and resentment. See, you want to do it with a loving heart: 'this is what I was asked to do; I was asked to help my team.' Fine, no judgment, a neutral thing and there you go. Or, 'Hey, I'm going to get a sacrifice fly so I can bring the

ball up in the air so it's high enough and deep enough so it gives the runner the opportunity to go, and that's all I'm doing' and without the resentment."

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"... It needs to be done from a clear space. The clear space would be - and this is going to sound selfish because this is how our culture teaches us but it's not selfish - when we do Service, what are we doing but giving ourSelves an opportunity to be with the Lord, God that we are. So, okay, I'll run an orphanage because it puts me in touch with the Spirit that I am and from that place I can give. See, I have so much bounty I can give of my overflow. I give of my overflow, so I'm always being Sourced; the Spirit is always supplying me and from that I just give. I just give. I'm not going to worry about whether the orphans really love me, how much they appreciate it. I'm not going to worry about how much I'm helping and the good deeds I'm doing; really, I need to be in such a neutral spot so if all the orphans got together and said, 'Hey! This sucks' and burned the place down without causing any damage to people or to property, and that's okay. If they don't want it then that's fine. I've got to be clear of it so I'm not using it to impress anybody with how well I'm doing. I'm not trying to lord it over anybody. I'm not having pity on anyone. But what I'm doing is: I'm living within mySelf with, 'okay. God's given me so much in the Spirit that I am; I can come from that place and give of the overflow. All right. The orphans don't like me; they don't think I am such a great guy; you know, all this money I spent for them - they don't really appreciate it.' So who says they have to? What it is is the great opportunity to be in touch with the Spirit and from that place just give without demands and without seeking attention.

"I decided to look up where the word 'service' came from and what is it about etymologically? Where is its origin and where did it come from? It was a fascinating discovery. It has everything to do with merit. Now think about that for a moment! Merit - we deserve - we merit the Spirit that we are. It has to do with the crucial question with receiving the Gifts of the Lord, God of the Spirit 'til you feel worthy. And if you feel worthy then whoa! you're in business."

"...When we do Service, what are we doing but giving ourSelves an opportunity to be with the Lord, God that we are ... See, I have so much bounty I can give of my overflow. I give of my overflow, so I'm always being Sourced; the Spirit is always supplying me and from that I just give. I just give."

*--From the Satsang, "How To Serve Humankind: A Service Manual" (TAPE A24)*

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“Now, I’ll just use mySelf as an example - I do a lot of stuff I don’t like to do. I have to do all these minute and mundane chores. I don’t like to do them. But then I realize, ‘Hey! I’m here to do Service and this is what needs to be done’ so I use that to lift. I go, ‘Okay, I don’t want to do that stuff but it’s a nice opportunity to be present with God inside mySelf and to Serve.’ And I do it. Whenever I do it from that spot I’m home free - it’s so easy. As a matter of fact, I can’t do It if I’m not in that spot. So it turns a chore and something that I’m not too keen about into something that is just a gift to mySelf. And that gift to mySelf is what? But being with Spirit and being with the Lord, God and that’s neat; that’s really neat. That’s what I love. Now it looks like I’m doing Service to others - that’s a crock.

“Look, let’s be honest, there’s only one thing that is real. There’s only one thing that exists and that is God. All of you sooner or later will have that experience beyond the word level. You’ll have that Knowing. If only God exists (and) if I’m anywhere else but ‘There’ in my own Consciousness I’m in ego; I’m in a false spot. I’m in ego and I’m in separation and I’m in trouble. The Teachings teach us to use everything to be with

## Case Study

Recently I was doing Service at the Home Center. The Service that I was doing was being present inside mySelf with the Spirit I am and allowing God’s Love to Flow. This is Service - it doesn’t matter what the outer task, the Service is the Inner Alignment. After a weekend of doing Service I felt invigorated and really clear. I noticed changes in me - one of which being that I found that I loved meeting guidelines and honoring commitments. This surprised me being that previously I had been under the assumption that meeting guidelines was an arduous process - like something imposed upon me and I didn’t want to be bothered. My new awareness is that honoring my commitments is really freeing. It is a way I have of giving to mySelf.

In doing Service I am entirely present with God. This means that I surrender my agenda, my mock-ups, my hurt, pain, negativity and am with God. I just receive His Love. Also, when I meet commitments and honor guidelines do I live in the same way - centered. I feel like I’ve been moved into a new place inside mySelf - a place of power; power in terms of living in the fullness of my Being, of accepting all that I am, which

## Try This ...

“... just sort of sit quietly without crossing your arms or your legs and just say, ‘Lord, God send me Your Light!’ And tell yourSelf it’s okay to let go of whatever comes up. And just within yourSelf see two or three Service areas that you are involved with and ask the Light of the Most High to balance out those areas for you and to let go of whatever attachments you may have to result or

the Lord, God. Yeah, I merit Serving others because I merit being with the Lord, God. I totally merit being with God.”

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“So we Serve best when we’re Serving ourSelves in that we’re with the Spirit that we are and we’re giving from that ‘place.’ See - and that’s the real neat thing about It - we can Serve, have a good time, really be playful with the whole thing, enjoy It and we can *leave the results to God. Leave the results to God.*

“And how we best help others is by being with God and sharing from that ‘spot’ and from that loving ‘spot.’ And love is enthusiasm put into action or made manifest - that’s what love is. So you enthuse: you really breathe in and breathe out from the Lord, God. That’s what happens with us. We just need to Serve. We Serve from a loving ‘spot,’ we Serve with the sincerity of just being with ourSelves and who we are. No judgment; we do It neutrally; we do It lovingly; we don’t think one form of It is better than another form. We don’t go to collect points. We don’t do It for atonement. We don’t do It because we think this world sucks and so we have to do some good stuff in It. We don’t do It from any of that ‘place.’ But we do It from loving the Lord, God and that’s crucial.”

is the Lord, God. Living from the fullness of my being - from inside-out - I suddenly want to meet commitments because I suddenly want to meet mySelf. The Teachings teach us that there are no commitments out there, nor is there anything out there. All relationships are with ourSelves, with God and everything is within. I want to have a rich, full life and through doing Service I am experiencing that I am worthy; that I am powerful; that I am at choice; that I am Free; and that I can have the life I want. In fact, the life I want is there waiting for me to be entirely present in order to receive it.

Service has taught me how to be present, that I love being present and that through Service, through surrendering my way I open up to God’s way. The step-by-step for me is to meet my commitments to mySelf and others and ask God to bring forward my next step. As a result, I am living the life I want by surprise. It kind of just bubbled over inside of mySelf by my choice to Love God. Something that I realized a few years ago is that Service is the perfect Tool for learning how to live in this world. It is using every action to be with God - and by applying this learning I feel like I’ve begun really living.

to form or anything else about it and tell yourSelf to let go of whatever comes. And when you’ve done that for a few areas in your life, ask God to tell you or show you in whatever way is for your Highest Good how you can be of more and greater Service. When you’ve concluded that you can just bring your Consciousness back here and just know that you truly merit being of Service.”

## Step-by-Step

*Here’s a quick reference list for daily practice. Please refer to the articles for complete information.*

1. Call in the Light of the Most High by saying, “Lord, God, send me Your Light!”
2. Say inside yourSelf, “Lord, God, for the Highest Good take anything that I’m allowing to stand between me and You.”
3. Tell yourSelf, “(your name) it’s okay to let it go!”
4. Be in this Sacred Place of Service inside yourSelf by repeating the surrender process above as often as you need to.
5. To know yourSelf as the Spirit you *are* - which is the only way to truly Serve yourSelf and Others - call any Regional Center and request the priceless Gift of Initiation into the Path of Soul Transcendence!

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